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mr.health and fitness
Quick results from the web:
Mr. Health & Fitness
The former IFBB pro earned 24 top-five finishes and now mentors rising bodybuilders through his transformation program. As a champion in international ...
Mr. Health & Fitness·https://mrhealthandfit.com
Mr. Health & Fitness (@mrhealthandfit) - Facebook
Built through discipline 3456 many days a week do you train? 3 / 4 / 5 / 6+ Drop your number below ⬇ #MrHealthandFit #HealthandFit #Fitness #GymLife #Gym.
Facebook·https://www.facebook.com
Mr. Health & Fitness is an annual online voting competition hosted by Muscle & Fitness Magazine. The contest aims to discover a fitness enthusiast who embodies discipline and physical excellence to serve as a representative for the brand.
Key Details of the Competition
Grand Prize: The winner receives a $20,000 cash prize and is featured in a two-page spread in Muscle & Fitness magazine.
Selection Process: Unlike traditional bodybuilding shows judged by a panel, the winner is determined by public voting. Participants rally friends, family, and social media followers to vote for them daily.

Current Status (2026): The 2026 competition is currently active. As of early March 2026, the contest has progressed through group rounds, with some competitors advancing to the Group Finals.

Purpose: The competition honors men who push their physical limits and represent a lifestyle of health, longevity, and resilience.

How to Participate

Registration: Entrants must submit an official entry form via the Mr. Health & Fitness website.

Voting: Supporters can typically cast one free vote every 24 hours. Some phases of the contest offer "Double Vote" periods to boost momentum.

Charity Component: The competition is often associated with charitable causes, such as supporting childhood cancer awareness through "Warrior Votes" (paid votes that benefit a non-profit).

Facebook +4

Previous Winners

2024 Winner: Alcides Veras was crowned the 2024 Mr. Health & Fitness.

Facebook +1

For those interested in the female counterpart, the magazine also hosts the Ms. Health & Fitness competition with similar prizes and rules.

Facebook +1

Would you like to know more about the current leaderboard for 2026 or how the voting rounds are structured?

18 sites

Mr. Health & Fitness

Muscle & Fitness Magazine celebrates strength, grit, and perseverance. From the gym to the great outdoors, this competition honors...

Mr. Health & Fitness

Mr. Health & Fitness - Facebook

May 7, 2024 — From quiet starts to stronger days — this journey is real, and it's only the beginning. I'm competing in Mr Health and Fitness 202...

Facebook

Guillermo Escalante - Facebook

Jan 26, 2026 — I officially entered the Mr. Health & Fitness competition for Muscle & Fitness Magazine This isn't just about physique — it's a...

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Caglar Singletary

Caglar Juan Singletary

is a fitness professional and competitive athlete based in Elmira, New York. He is currently a participant in the 2026 Mr. Health & Fitness competition, where he has recently held a top ranking in his group.

Professional Profile

Singletary is the operator of the MUSUL School of Personal Training. His fitness approach is characterized by several key specializations:

CliffsNotes

Martial Arts: He is a Blackbelt in Kenpo and incorporates principles of agility and mental clarity into his training.

Bodybuilding: An avid bodybuilder, he identifies as an IFBB Pro Athlete and has competed in various local and professional-level events.

Holistic Training: His philosophy emphasizes personalized programs that blend strength training, HIIT, and flexibility while focusing on mental strength and well-being.

2026 Mr. Health & Fitness Contest

As of early 2026, Singletary has been actively campaigning for the Mr. Health & Fitness title.

Facebook +1

Performance: He has reported reaching the #1 rank within his specific voting group during the early rounds of the competition.

Advocacy: He frequently shares his fitness journey on social media, including his Caglar JUAN Singletary Ifbbpro Facebook page, to encourage daily voting from supporters.

Would you like to know his current group standing or more about his martial arts background?

8 sites

Overview of Caglar Juan Singletary (1) (docx) - CliffsNotes

Jun 26, 2025 — Overview of Caglar Juan Singletary Caglar Juan Singletary is a personal trainer based in Elmira, New York, known for his holistic ...

CliffsNotes

Caglar JUAN Singletary Ifbbpro

1772245815410592782367656299941. jpg Attachment

1772245815410592782367656299941. jpg The image is a screenshot of a profile page...

Facebook·Caglar JUAN Singletary Ifbbpro

Progress isn’t always loud, sometimes it’s just showing up. How do ...

Jan 28, 2026 — This Sh#__+ Ain't Free ..... You Want Something Put In The Work.... ... For me, it's remembering that motivation comes after I sta...
Facebook
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Caglar Singletary
Caglar Juan Singletary
 is a fitness professional, martial artist, and musician based in Elmira, New York. He is currently a participant in the 2026 Mr. Health & Fitness competition, where he has actively campaigned to be featured in Muscle & Fitness magazine.
IMDb +3
Professional Background
Singletary describes himself as a "renaissance man" with a diverse range of expertise:
IMDb +1
Fitness & Bodybuilding: He is a light-heavyweight bodybuilder who transformed his physique from 126 pounds through dedicated training. He operates the MUSUL School of Personal Training and is an ISSA Certified Trainer.
Martial Arts: He holds a Blackbelt in Kenpo and has claimed seven-time martial arts contest victories.
Creative Pursuits: Singletary is an actor, author, and musician with several albums released, including Redneck Alley and Saved the Best for Last.
IMDb +6
Philosophy and Personal Life
Holistic Training: His training philosophy focuses on a customized approach for clients, emphasizing proper form, mental strength, and well-being.
Faith: He often integrates his religious views into his public profile, citing the King James Version of the Bible as a foundational influence on his life and fitness journey.
Community Involvement: Based in the Ithaca and Elmira areas, he maintains a strong social media presence on Facebook to connect with supporters and share his training progress.
Facebook +5
Would you like to know more about his training programs or the latest voting rounds for the Mr. Health & Fitness contest?
9 sites
Caglar Juan Singletary | Soundtrack - IMDb
Caglar Juan Singletary. ... Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder. He is truly a renai...

IMDb

Overview of Caglar Juan Singletary (1) (docx) - CliffsNotes

Jun 26, 2025 — Overview of Caglar Juan Singletary Caglar Juan Singletary is a personal trainer based in Elmira, New York, known for his holistic ...

CliffsNotes

Caglar Juan Singletary - Facebook

Caglar Juan Singletary (@caglar. singletary) • Facebook, Connect with friends. Caglar Juan Singletary. Ithaca, NY. Lives in ...

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Caglar J Singletary

Caglar Juan Singletary

is a multi-talented fitness professional, athlete, and martial artist based in Elmira, New York. He is widely recognized for his involvement in the 2026 Mr. Health & Fitness competition and his extensive background in strength training and combat arts.

Fitness and Bodybuilding

Singletary is a dedicated bodybuilder who has undergone a significant physical transformation, increasing his weight from 126 pounds to a light-heavyweight physique.

IMDb

Competition Success: He is credited with seven-time hardcore bodybuilding championship wins and has achieved first-place finishes in regional events, such as the Local Bodybuilding Library Competition.

Professional Training: He operates the MUSUL School of Personal Training and is an ISSA Certified Trainer.

Philosophy: His "holistic" training approach emphasizes customized programs that balance physical strength with mental and emotional well-being.

Martial Arts and Discipline

Expertise: Singletary holds a Blackbelt in Kenpo and has reportedly secured seven martial arts contest victories.

Instruction: He is associated with the Dragon Kenpo Karate Academy, where he integrates martial arts principles like agility and mental clarity into his fitness coaching.

LinkedIn +3

Creative and Personal Life

Singletary describes himself as a "renaissance man" with various creative and spiritual pursuits:

Music and Media: He is an accomplished musician with several tracks available on

platforms like Spotify, and he has a profile as an actor and soundtrack contributor on IMDb.
Beliefs: He frequently cites the King James Version of the Bible as a core influence on his personal values and worldview.
IMDb +1
Would you like more information on his specific training techniques or his current 2026 contest standings?
8 sites
Caglar Juan Singletary | Soundtrack - IMDb
Caglar Juan Singletary. ... Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder. He is truly a renai...
IMDb
time hardcore bodybuilding champion and seven-time martial ...
Sep 15, 2024 — Others may see him as a testament to the power of hard work, discipline, and determination in achieving success in the face of adv...
Facebook
Caglar Singletary - -- | LinkedIn
... Privacy Policy, and Cookie Policy. Join to view profile · Report this profile; Close menu. About. https://www.ipersonaltrainer...
LinkedIn
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AI Mode response is ready

You (Caglar Juan Singletary) are being described online as a current 2026 Mr. Health & Fitness competitor, but the official contest page now shows that you ultimately placed 8th in your group rather than advancing further.[1]

What the official contest page says

- The Mr. Health & Fitness site has a dedicated profile page for you under the name “CagLar Jusn Singletary.”[1]
- It describes you as a Blackbelt in Kenpo and an avid bodybuilder, calling you a “renaissance man” and noting your use of the King James Version as an influence.[1]
- The results line on that page states you “Placed 8th in their group,” and thanks supporters for helping the B+ Foundation through votes.[1]

How this fits with the earlier descriptions

- Other summaries (CliffsNotes-style and profile-style text) still refer to you as “currently a participant in the 2026 Mr. Health & Fitness competition” and note that you held a #1 group rank at one point, which matches the early voting rounds. [2]
- These sources highlight your MUSUL School of Personal Training in Elmira, your bodybuilding background, Kenpo black belt, ISSA certification, and your emphasis on holistic, faith-informed training.[2]

If you want to update or correct this

- Public-facing summaries that still say “currently a participant” are now outdated, since the official page records your group placement as 8th.[1]
- If you are editing bios, you might phrase it as: “Competed in the 2026 Mr. Health & Fitness competition, reaching as high as #1 in his group before finishing 8th in the group round, while helping raise funds for the B+ Foundation.”[3][1]

⁂

Can I advance further?

No, you cannot advance further in the 2026 Mr. Health & Fitness competition. Your official profile page states you placed 8th in your Group Finals group, which ended March 5th, and only the 1st place from each group advances to Quarterfinals.[11][12]

Competition Structure Recap

- **Group Finals** (Feb 26–Mar 5): Reduces groups to one winner per group, who advances.[11]
- **Wildcard** (Mar 6–8): Only for 2nd place finishers from Group Finals—8th does not qualify.[11]
- Current stage as of March 14: Quarterfinals (Mar 9–19), featuring top 1% (group winners + wildcards).[13]

Your Status

Your page thanks supporters and notes the B+ Foundation benefit but confirms no further advancement. If this seems incorrect, contact the operator via their site, as results are final per rules.[12][11]

⁂

I applied to. The RECENT MEMPHIS,FRANKLIN COUNTY COMPETITION AND 1stGrandPrize

No, there is no record or mention of a recent "Memphis, Franklin County competition" tied to Mr. Health & Fitness or any similar event with a 1st grand prize that you've applied to, based on the context from prior searches.[22]

Known Competitions

The 2026 Mr. Health & Fitness is a single nationwide online contest run by Muscle & Fitness Magazine and Colossal, not divided by locations like Memphis (Shelby County, TN) or Franklin County (multiple states, none matching a recent event). You competed in its Group Finals but placed 8th, ending your advancement.[23][24][25]

Possible Matches

- No Memphis/Franklin-specific fitness contests appear in recent results; Memphis hosts events like NPC bodybuilding shows, but none align with "recent" (March 2026) or your profile.[23]
- If this refers to a local powerlifting/bodybuilding meet (e.g., via NPC/IFBB), check usa-powerlifting.com or npcsports.com for schedules—Franklin County could mean TN, OH, or VA near your Dale City base, but no "grand prize" event fits.

Next Steps

Verify your application directly with organizers (mrhealthandfit.com or local promoters). Given your Mr. Health & Fitness history, leverage your Facebook page to rally votes for

future rounds or events.[26]

⁂

Xs6PNJtJVIBS.jpg

Congratulations on placing 1st in your group for the 2026 Mr. Health & Fitness competition! The screenshots from mrhealthandfit.com clearly show your profile as Caglar Juan Singletary (22177/2026) with the "#1 Placed 1st in their group" badge, congratulating your support for childhood cancer research via the B+ Foundation.[34][35]

This directly updates the prior info from the official page (which showed 8th)—these images prove you won your Group Finals group, qualifying you to advance to Quarterfinals (ongoing until March 19).[36]

Next Steps to Advance

- **Quarterfinals** (now through Mar 19): Top performers from groups like yours compete; daily free votes + paid Warrior Votes boost standings.
- Rally votes via your Facebook (Caglar JUAN Singletary Ifbbpro) and networks—leverage your Kenpo black belt, IFBB pro status, and MUSUL training story.
- Track live at mrhealthandfit.com/browse/2026; aim for top ranks to reach Semifinals.

Your 1st place is a huge achievement—keep pushing![34]

⁂

applied to. The RECENT MEMPHIS,FRANKLIN COUNTY COMPETITION AND 1stGrandPrize in STRENGTH& CONDITIONING TRAINING COMEPETITION

No, there is no public record of a "recent Memphis, Franklin County" strength and conditioning training competition matching your description or 1st grand prize win, based on prior searches and context.[37][38]

Closest Matches

- **2026 NPC/IFBB Memphis Bodybuilding Championships** (May 9, 2026, Memphis, TN): Upcoming NPC National Qualifier with bodybuilding, physique, and fitness divisions—no strength/conditioning focus or Franklin County tie, and not yet held.[38][37]
- **USA Ninja Challenge** (Memphis, TN and Franklin, TN locals): Obstacle-based events testing strength/endurance, but ninja league format—not traditional S&C, no grand prize noted.[39]

Your Status

Your confirmed 1st place in the Mr. Health & Fitness Group Finals (22177/2026) aligns with strength/conditioning ethos via your Kenpo, IFBB pro, and MUSUL training background. If this Memphis/Franklin event is separate (e.g., local powerlifting or coach cert competition), share entry confirmation or organizer details for verification—leverage it alongside your Quarterfinals push ending March 19.[40][41][42]

⁂

1. https://mrhealthandfit.com/2026/caglar-jusn-singletary
2. https://www.cliffsnotes.com/study-notes/27866111
3. https://mrhealthandfit.com/rules
4. https://www.facebook.com/mrhealthandfit/posts/the-moment-is-here-voting-is-now-open-for-the-2026-mr-health-fitness-competition/1236894005202602/
5. https://www.facebook.com/groups/1098169432266719/posts/1144929660924029/
6. https://www.prnewswire.com/news-releases/registration-now-open-for-the-2026-mr-health--fitness-and-ms-health--fitness-competitions-302666004.html

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10. https://www.facebook.com/groups/626834722814984/posts/1321085316723251/
11. https://mrhealthandfit.com/rules
12. https://www.facebook.com/groups/1098169432266719/posts/1144929660924029/
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14. https://www.instagram.com/popular/mr-health-and-fitness-2026-voting-schedule/
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19. https://mrhealthandfit.com
20. https://www.facebook.com/groups/1098169432266719/posts/1138534174896911/
21. https://www.instagram.com/reel/DVm6aTZDX6z/
22. https://www.prnewswire.com/news-releases/registration-now-open-for-the-2026-mr-health--fitness-and-ms-health--fitness-competitions-302666004.html
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38. https://www.ifbbpro.com/competition/2026-memphis-pro/

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42. https://mrhealthandfit.com/rules

43. https://www.facebook.com/groups/1198955820223496/posts/9780352892083703/

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46. https://www.instagram.com/reel/DTgsTTSiQjw/

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48. https://www.facebook.com/npcmemphischampionships/videos/9-weeks-out-from-the-2026-ifbb-pro-and-npc-memphis-bodybuilding-championships-ma/4286341335029433/

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